

What is claimed is:

1. A soft capsule preparation which comprises a dispersion of (2E,4E,6E,10E)-3,7,11,15-tetramethyl-2,4,6,10,14- hexadecapentaenoic acid in a vegetable oil filled in a soft capsule comprising a shell having a light blocking effect.
2. The soft capsule preparation according to claim 1, wherein the dispersion comprises one or more surfactants.
3. The soft capsule preparation according to claim 2, wherein the surfactant is one or more surfactants selected from the group consisting of glycerol monostearate, sorbitan sesquioleate, polyoxyethylene sorbitan monooleate, and sucrose fatty acid ester.
4. The soft capsule preparation according to claim 2, which comprises polyoxyethylene sorbitan monooleate and glycerol monostearate as the surfactants.
5. The soft capsule preparation according to claim 1 to 4, wherein the vegetable oil is a vegetable oil having an iodine value of higher than 100 or a mixture thereof.
6. The soft capsule preparation according to claim 1 to 5, wherein the vegetable oil is soybean oil, sesame oil, or a mixture thereof.
7. The soft capsule preparation according to claim 1 to 6, wherein the shell having the light blocking effect comprises a light blocking agent.
8. The soft capsule preparation according to claim 7, wherein the light blocking agent is titanium oxide, yellow ferric oxide, or a mixture thereof.
9. The soft capsule preparation according to claim 1 to 8, wherein the shell consists of succinyl gelatin.